

JOOJI

COVID-19
KORONAFAYRASKA CUSUB

Nagu caawi joojinta faafida COVID-19

Aastaamaha COVID-19 waxay ku kala duwanyihiiin dhexaad (tusaale ahaan, qandho, qufac, sinka diifsan iyo dhuun xanuun) oo darnaanta (tusaale ahaan, yaraanshaha neefashada iyo dhibaatooyinka neefsashada).

Ka illaali nafsadaada iyo dadka kale



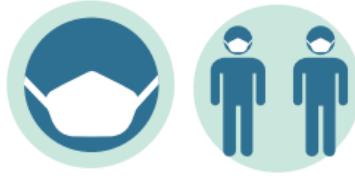
Ku dhaq gacmahaaga inta badan saabuun iyo biyo oo ugu yaraan 15 ilbiriqsi.



Ka fogow salaamaha sida gacmo isku salaamida iyo hab siinta.



Dabool qufacaaga iyo hindhisadaada. Ku qufaca garbaha shaatigaaga ama curcurka, ma ahan gacantaada.



Xiro maaskaro haddii aad ku jirtid gudaha ee booska dadweynaha, ama markii ka fogaanshaha jireed ay adagtahay.



Guriga joog haddii aad jirantahay, xittaa haddii ay dhaxaad tahay. Hel baaritaan oo iska go'doomi dadka kale ee qoyskaaga.



Ha taaban indhahaaga, sinkaaga, iyo afkaaga.



Ka fogow ugu yaraan 2 miitir (6 fiit) ka baxsan dadka.



Ha wadaagin sheeyada.